

LITTLE SISTERS OF MERCY OF THE METHODIST EPISCOPAL CHURCH

Women's Work of Charity and Love Performed by the Deaconesses in the Homes of the City's Poor and in the Non-Sectarian Hospitals

THE National Capital is fast becoming a city of institutions.

Each year sees either the addition of a new school, the establishment of a new order or a radical improvement in some educational or charitable home already formed.

One of the most interesting of these institutions and one with which the general public is unfamiliar is the little colony of joint education and charity situated on North Capitol Street between L and M Streets northwest. This includes the Deaconesses' Home, Rust Hall, and Sibley Hospital, three sister institutions mothered by the Methodist Episcopal Church. The hospital's mission is that of any other like institution, while Rust Hall is now the training school for nurses.

Home of the Deaconesses.

The most interesting of the three is the home for deaconesses, a picturesque frame building, situated on high ground and commanding a beautiful view of the surrounding country. It is here that the deaconesses are trained. To the lay mind the statement has little significance, for many do not know what the deaconesses are, wherein their sphere of work lies, or from what source their origin.

Purposes of the Order.

The order was formed in the United States in 1887 in Chicago, but it was not until the following year that it received the sanction of the Methodist Church. Its mission is to aid the poor in whatever manner the occasion may demand. No vows are required from those who care to take up the work, and they are at liberty to leave whenever inclination prompts.

In the school here, as well as in other cities, a special course of instruction is given. The Bible is the first consideration. It is thoroughly taught, that the deaconesses may be prepared to spread the Christian faith among the poor and those unfortunate who have either not had opportunity to hear it preached or who have ignored such privileges.

Realizing that there is a large and widening field for women workers in the cause of Christianity the order was formed by energetic and pious women. Their work does not take the deaconesses to the homes of the rich, but leads them instead through the slums, the downtown quarters, into the sparsely populated portions of a city.

While the chief object of the order is to endeavor to bring a love of the pure



Director's Room, Sibley Hospital.



Men's Ward, Sibley Hospital.

A Praiseworthy Institution Whose Existence Is Scarcely Known to Washingtonians in General, But Whose Name Is Blessed by the Needy.

Rust Hall is one of the attractive additions to the buildings of Washington. It is richly furnished with all the accessories and modern improvements necessary to a well-equipped school. On the ground floor is a reception room, the director's private office, library, parlor, chapel, and board room. There are three dormitory floors, class rooms, a spacious dining room and complete fittings in every detail for the purpose of the institution.

Work at Sibley Hospital.

Sibley Hospital adjoins the Deaconesses' Home on the west, and it is here that nurses are given opportunity to put their instruction to practical use. Hundreds of patients are treated during the year by the efficient corps of doctors and nurses. Gentle training has made of the latter a loving, kind, sympathetic hand of women, who, though their duties do not cover the wider field of the city's poor, nevertheless minister to the physical needs in a quiet, soothing way which serves its mission quite as materially as the doctor's spoon and glass.

Their Simple Dress.

The dress of the deaconesses is as simple as their methods of ministrations. The gown is black, but is restricted to no particular style, except that it must not be fashioned with too much regard for the modiste's art. Neat white muslin collars and cuffs give a touch of light, and a quaint little bonnet of black with wide white strings, tied in a bow-knot under the chin, finishes the costume.

The deaconesses have undertaken a great work in Washington, and though the organization is backed, so to speak, by the Methodist Episcopal Church, it does not restrict its efforts to the followers of that particular creed. If a family professes the Catholic religion, the duty of the deaconess in charge of that family is to see that the children attend the Catholic Sunday school.

A work so palpably praiseworthy is entitled to the hearty support, and generous sympathy of the entire community. In this age of foreign missions, when hundreds of men and women go across the seas to assist in teaching Christianity to natives of other countries, it is something to be thankful for that there are still communities here with a regard for the native poor, and a perseverance that leads them to the assistance of those unfortunate in a scanty share of the world's goods.

and holy into the lives of a city's poor, they are taught to work in the most tactful way. For instance, should a deaconess enter a poor family's home, see the mother careworn, ill, racked with pain as she stands over her wash-tub, that is not the time to preach the gospel of Christ. The woman needs sympathy, a helping hand, a cheering word, and when the clothes are waving from the line in the yard, the children bathed and put to bed, the house tidied and she may sit down and rest, then perhaps a word relative to spiritual things may be in order. In her delightful character drawing, "Mrs. Wiggs of the Cabbage Patch," Miss Hagen has her heroine tell of an army chaplain who went among the men one bitter cold day and seeing their sufferings advised them to pour soft soap in their shoes, declaring that men with the chilblains were in no condition to listen to the word of God. So it is with the deaconesses.

Charity Before Preaching.

The most obvious need is the one which demands their first attention, and others follow in their time. They are taught that the feelings, the pride, of those whom necessity has thrown on the mercy of public charity must be considered. It is related that in Chicago a case was brought to the notice of the home. The family had at one time been amply supplied with the world's goods, but misfortune had overtaken them and robbed them of everything but a sturdy pride. A woman deeply interested in charitable work undertook to investigate the case, but, unfortunately,

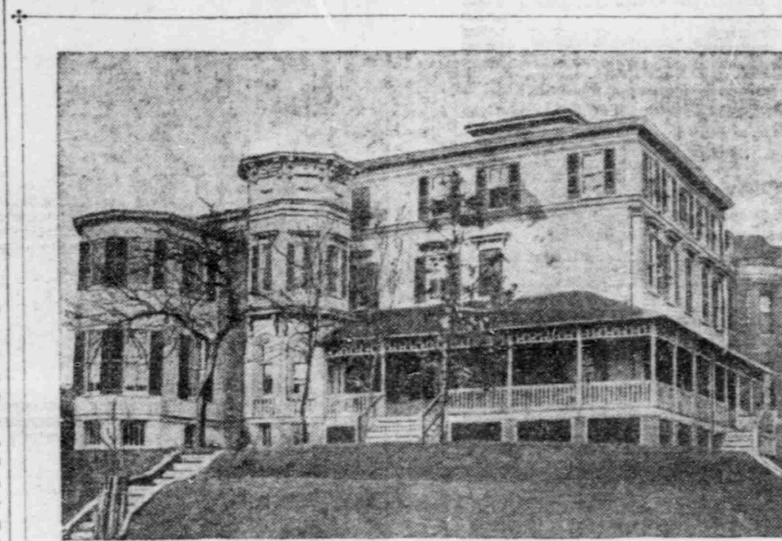
drove there in her handsome brougham and rather awkwardly performed her duty. To the wife she said, "I understand you are very much in need. Does your husband drink?" "No," responded the wife. "Does yours?" It is the policy of the deaconesses to impress strongly upon recruits the necessity for a nice consideration of the pride of the unfortunate whether they are products of gentility or the acme of ignorance.

Self-Sacrifice of Members.

When a woman devotes herself to the cause she must accept its responsibilities and be willing to endure all the hardships which are sure to come. When she goes into a poor family's home she must be prepared to nurse the sick, comfort the dying and, if necessary, take upon herself the responsibilities of the household. Everything within the power of the order is done for the needy poor. In case of illness nurses are supplied, delicacies sent them, bed clothes furnished, and all the little attentions one would receive in a hospital are, so far as possible, given the invalid. The children are taught in the kindergarten system prevalent in the schools, they are bathed, clothed, provided with amusements, the mother's burden is lifted and as broad a ray of sunlight brought into the shabby little home as good-will, a strong heart, and Christian love will permit.

The Lucy Webb Hayes School.

The Lucy Webb Hayes Training School, as the local institution is called, is named in memory of the distinguished



The Deaconesses' Home.

ed woman whose adherence to the principles of religion and temperance while occupying the White House here and whose interest in the cause of home missions so endeared her to the women of the land that the society of Home Missions decided to found in honor of her an institution for the training of deaconesses and missionaries, and four thousand dollars was subscribed for the

up to a short time ago, when the latter was moved to Rust Hall, an imposing red brick building newly erected north of the home.

Supervised by Methodist Bishops.

The course of instruction for deaconesses and nurse deaconesses has been arranged by the bishops of the Methodist Episcopal Church by order of the general conference. Instruction for nurse deaconesses is given by some of the most prominent physicians in Washington, and may include one or two years, according to the judgment of the faculty. Practice is obtained in Sibley Hospital. Missionaries, both home and foreign, are provided with opportunities to pursue such lines of study in addition to the Bible work as shall meet their requirements. Pull courses are offered in kindergarten, domestic, and industrial training.

Requirements for Admission.

No student is admitted to the training school for nurse deaconesses who does not contemplate future service under the Woman's Home Missionary Society. During the period of their training the deaconesses are given an allowance sufficient to maintain them. They are provided with a comfortable home and are allowed many privileges. At the conclusion of their work—that is, when they are physically disabled—they are sent to a home specially fitted up and endowed for disabled deaconesses. The length of service has nothing to do with their admission to the home. The only requisite is that they have done their work well.

WHEN THE PRESIDENT GOES HUNTING FOR GRIZZLY

WHEN President Roosevelt leaves for the West on his hunting trip early in April, it is not probable he will follow the methods which made his outing in the canyons of Mississippi such a failure last fall. Although the President returned without a bear pelt it is to his credit that he refused to shoot the mazy bruin which one of the guides lassoed and tied to a tree as a target for the Presidential rifle.

The itinerary for the Western trip includes some of the best hunting ground in the Rocky Mountains. It is reported that the President will visit northern Colorado for bear and mountain lions and then try his luck at elk in northern Wyoming and the Jackson's Hole district to the south of the Yellowstone. Elk are still fairly plentiful in the sections named, but it is doubtful whether the President will bag many bears unless he employs new tactics.

The grizzly enjoys being hunted with brass band. He is sure of longer tenure of life and possibly he enjoys the music. For who has not seen bears dance to the tune of Verdi's operas rolled out of a hand organ by a son of sunny Italy?

How the Grizzly Is Hunted.

The methods for hunting the grizzly in the West have changed in the last ten years. To be sure, the professional guide takes out a party of tenderfeet and guarantees them a shot at a bear, and as a usual thing he is able to make good his promise. But he knows that his patrons will be more than satisfied if the hide of a single silver tip can be obtained as a trophy for the entire party.

Hunting has resolved itself into a matter of hard work that will tax the patience and energy of the most ardent Nimrod. Bruin is no longer encountered in random strolls over the mountains. He keeps close to his lair, or "hold-out," as it is called in the West. Seldom is he seen in daylight unless he has been out late over night through the allurements of the succulent service berry, and even then he shuffles back to his mountain den with the rising of the sun.

"Dragging the Bait."

The experienced Western hunter has found the method of dragging bait the most effective for coming to close range with the grizzly. After camp has been pitched a search is made for traces of bear. After the trail has been found, and it is impossible for the expert to mistake the signs, the next step is to kill the bait. In regions where big game abounds this is not a difficult matter, and the next day will see a stout hunter dragging by a rope from the saddle the carcass of an antelope or the carcass of an elk across the bear

Next comes the selection of the spot to which the grizzly is to be enticed. It is just as well to be careful on this point, for the silver tip is apt to represent the interruption of his feast by hunters, and unless the first shot is fatal he is inclined to come to close quarters. For this reason it is wise to pick out the shelter of a ledge or group of boulders, which will afford concealment for the party and at the same time present obstacles to a possible charge by the bear.

If the bait has been dragged properly over a fresh trail there is little doubt of an early visit from bruin. He may not come the first night, but he is likely to come the second. But the hunters have little chance to become lonely, for the mountain opera with its ensemble of coyote howls and cries of bob cat and mountain lion precludes all thought of dreariness. It is impossible to see the bait, but the growling and quarreling of the wild animals tell that it is not being neglected.

Bruin Is Wary at First.

At last the deep, hog-like grunt of the grizzly tells the party their veil has not been in vain. He is cautious at first, and walks around the carcass of the antelope as if suspicious of its appearance. Finally hunger compels him to throw prudence to the winds, and once he obtains a taste of the meat he stays until he eats his fill. He wants no companions at his feast, and woe to the luckless bob cat who carries too long at the banquet after the arrival of the guest of honor.

The hunters can hear the rending of flesh and crunching of bones, interspersed with grunts of satisfaction, while a circle of green eyes shows that the minor beasts of prey have retired to a safe distance, where they sit in greedy expectancy until the monarch of the Western forests has completed his repast.

Makes a Fight of It.

Satiety comes at last even to a hungry grizzly. He lies down within a few feet of the carcass, close enough to drive away any intruders. However, he suspends operations only for a short time. Soon he is on his feet, gorging himself to atone for previous fasts. Thus he continues his meal with brief intervals until the approach of dawn. If he has arrived late he is apt to stay until the growing light gives the hunting party the opportunity for which they have waited. Often, however, he leaves before daylight, having previously taken the precaution to bury the remains of his feast.

If the hunters will have patience they will be rewarded by the return of the bear, but not until at least thirty-six hours afterward, for he has eaten enough to last him nearly two days. There is no danger that he will forget

to come back, for he has as good a memory in this respect as a professional diner-out.

Of course there is always the possibility of trouble with a grizzly. On account of his thick hide and the layers of flesh around his vital organs he presents few vulnerable points. A shot behind the left shoulder or the ear will bring him down, but in the case of small caliber, high-power rifles the shock is not always sufficient to cause instant death, even though the bullet penetrates the heart. For this reason those who use the small caliber rifles resort to expanding bullets when they are out after the grizzly.

When Mr. Roosevelt visited northern Colorado shortly after his election as Vice President he killed several mountain lions, and was bold enough, his guides say, to engage them at close quarters. Contrary to the prevailing impression, the mountain lion is not regarded by old hunters as a dangerous animal. There are well-authenticated cases of men attacking and killing them with clubs and axes, weapons which would be useless in a combat with an enraged grizzly.

Scarcity of Big Game.

The recession of the big game grounds of the West in the last twenty-five years would make a most interesting chapter in the annals of American sportsmanship. Gradually the larger carnivora have been driven into restricted areas such as northern Colorado, fifty miles or so from Meeker, the Teton Mountains of Wyoming and the section bordering on the Yellowstone National Park. Certain portions of Montana and Idaho offer inducements to the hunter, but the bag of game is growing smaller year by year, and more skill and patience are required to reward the Nimrod for his trouble.

FATAL SEARCH FOR THE WHITE DOVE

READERS of the "Sphere" will remember that a few months ago a disaster occurred on Mount Kazbek, owing to the breaking away of a great portion of a glacier which resulted in the blocking of the valley beneath. This huge mountain has now been the scene of another tragic affair. It is reported that a number of Georgian monks of the Greek Church secretly set out from their monastery near Tiflis to ascend Mount Kazbek to search for a certain white dove which a soothsayer had declared was to appear on the mountain on a certain day late in November.

Ascribing divine attributes to this dove they left the monastery without informing the prior, hoping to obtain some special spiritual benefits from beholding it. The monks have not since been heard of, and it is believed that they have perished among the snow and ice of this almost inaccessible mountain.

The legend of a white dove on Mount Kazbek is widely known in the Caucasus, and more than one enthusiast has declared that he has seen it. The proximity of Ararat suggests that there is some connection with the dove of the Old Testament.—The Sphere.

PRINCE FERDINAND OF BULGARIA

PRINCE FERDINAND of Bulgaria still remains a widower, and it would be difficult for him to replace his lost consort, Marie Louise of Parma, by another Roman Catholic princess, as Ferdinand's Catholicism is in the matter of religion has made particular families distrust him. He has one great consolation, that of possessing two sons as well as two daughters, and is therefore better off than the other Ferdinand, of Roumania, who has but one son as well as the two daughters, who count for so little in some countries. When much depends on the one boy's life it keeps people anxious for years.

The late Princess of Bulgaria was a very delicate, very conscientious young woman, different indeed from her cousin, Elvira and Louise Antoinette. She was hardly strong enough for her position, and her health began to fail when she realized that her eldest son would have to be turned into a Greek Catholic to match his future subjects. The four children she left are bonny little creatures, of whom their father may well feel proud.—Modern Society.

BURNING BRITISH BANK NOTES

FEW people are aware that a Bank of England note leaves that bank but once, says "London Tit-Bits," and that the moment the "Old Lady of Threadneedle Street" regains possession of the crisp sheet of paper its doom is sealed, even though it has been but five minutes in circulation.

Like the Imperial Bank of Germany, our national banking institution destroys its old notes by fire; but the Bank of France and the United States Treasury prefer by chemical processes, though the first-mentioned used also to indulge in bank-note bonfires.

Every year notes of the face value of £18,000,000 are consigned to the flames in the Bank of England furnace; not all at once, of course, for that would be an operation too lengthy and monotonous for the officials who must be present to witness it to take at one sitting.

Fifty thousand notes of various denominations are daily issued by the bank, and in packets of 50,000 they are destroyed. But ere it is burned a returned note is kept in the bank-note library for five years, in case it may be required for reference. It is one of 77,000,000 notes, the number usually in stock, but if it is required, it can be turned up in five minutes, so perfect is the system of filing. This dead stock is kept in 13,400 boxes, each of which measures eighteen inches in length by ten inches in width and nine inches in depth.

Ere they are burned a hole is punched through the figure showing their value, and the chief cashier's signature

is torn off. They are packed into the furnace while the officials look on, the fire is lighted, and in a short while a little ash is all that remains of what once represented many thousands of British sovereigns.

The Imperial Bank of Germany burns over 100,000,000 notes yearly. It seems a number that should represent a truly colossal sum; but then many of them are for small amounts and the majority "or not more than 5 marks."

Twelve million pounds is the amount representing the annual destruction of 800,000 notes of the Bank of France. They used to be burned in a cage rotating over a huge fire, but now they are reduced to a pulp in the presence of several directors after being first punched and stamped "Canceled." Such destructions take place every fortnight.

DANGER IN LEAKY CITY GAS PIPES

THE chief danger of poisoning by illuminating gas is not so much in a big leak as in the gradual leakage from the gas mains. In the case of a leak within a house the escaping gas is readily noticeable, of course, by its disagreeable odor. But the small, almost imperceptible leaks from mains which saturate the ground and steadily send poisons into the atmosphere and into the houses, that is the danger most to be feared.

The average leakage of gas in a city as large as Washington each year is estimated at millions of feet. Many cases of anaemia and general weakness attributed to disease or to overwork are traceable to slow poisoning by gas. A sufferer from this poisoning is afflicted with severe headaches, has continuously a worn, tired-out feeling, becomes anaemic, and has "flashes of light" before the eyes.

This poisoning was discovered recently by Dr. Samuel Lloyd, who came across an entire family of sufferers, who had attributed their trouble to malaria. Upon removal the victims recovered rapidly.

FEWER BALDHEADED MEN NOWADAYS

THERE seem to be fewer bald-headed men than there were years ago," said a Washington physician to a Times Sunday Magazine reporter. "Time was when four out of five men more than forty-five years old were bald-headed or fast approaching that stage. Nowadays the average has fallen nearer to two than to three."

"What's the cause?" I suppose there are many reasons, but one certainly is to be found in the general increase of outdoor exercise. Nervous disorders result in the falling out of the hair, and impaired digestion brings on nervous disorders. Exercise, as is well known, stimulates digestion, and there above all else is the secret of preserving the hair. Keep your digestion in good condition and your nerves will not trouble you. All the scalp diseases in the catalogue are not responsible for as many bald heads as indigestion.

DANGER IN MIXING FOODS

EVERYONE knows, of course (or has heard) of the danger of mixing drinks, and in Germany this knowledge has been crystallized into a popular quotation, beginning "Bier auf Wein," etc.

But few people—even among those who are familiar with the discomfort following the eating of Chesapeake oysters and mince pie—realize the danger of mixing food. Yet there are many foods, as well as drinks, which are harmless and nutritious when taken alone, but which when combined become a menace to health and even to life.

In Central America any native will warn you against drinking whisky immediately after eating bananas. Violent colic and internal cramp is a common result of such a proceeding. The mischief is worse when the ordinary fiery spirit of the country, distilled from maize and known as agaviente, is the liquor swallowed.

Salads Delay Digestion.

People who are fond of salads should never eat a hearty meal at the same time. The vinegar in the salad delays digestion. Even so little as one part of vinegar in a thousand increases the length of time required for the digestion of an artificial digestive mixture from four to thirty minutes. When the proportion of vinegar rises to one in five hundred digestion entirely ceases for a time.

Vinegar with salt appears to be especially harmful. An inquest was held some little time ago at Loughton, in Staffordshire, Eng., upon a girl of 15 who had died from drinking a daily dose of salt and vinegar. She had taken it from some foolish notion that it would improve her complexion.

You should never eat cherries with milk. That mixture caused the death of President Franklin Pierce. Meat with tea has ruined thousands of digestions. Tea always exerts a retarding effect upon the digestion of any food, even of bread and other starchy substances. Ba. upon meat it has a far worse effect.

Effect of Tea on Meats.

Good China tea contains fully 8 per cent of tannin, and this substance it gives up to boiling water almost instantaneously. Tannin turns meat into a substance somewhat resembling leather and renders it extremely difficult for the digestive organs to deal with.

That well-known English authority, Sir William Roberts, M. D., says that the best way to minimize the inhibitory action of tea upon digestion is to make the brew very weak and to drink it, not during a meal, but after eating.

He also declares that a small quantity of bicarbonate of soda added to tea completely removes its deterrent effect

upon digestion. So little as one part in fifty, or ten grains of soda to an ounce of tea, is sufficient for this purpose.

There is a popular idea that cheese "digests everything but itself." Never was a more foolish error perpetuated by a popular proverb. Although cheese contains a great deal of nourishment, no one who is not blessed with a very powerful digestion should ever eat it.

The feeling of comfort which people of strong digestion experience after partaking of cheese is caused by the increased flow of digestive fluid, provoked by the attempt of the internal organs to deal with an almost entirely indigestible substance.

An Unwise Mixture.

The greatest mistake of all is to eat cheese after meat, particularly after salt meat. Meat gives the digestion sufficient to do without further burdening it. Another most unwise mixture is that of cheese with raw onions.

The oyster is almost the only animal substance which we make a practice of eating raw. There is a very sound reason for doing so. The greater part of the oyster is simply a mass of glycogen, or animal starch, mingled with a substance which digests it. The oyster is self-digested.

The Land of Thus-and-so.

"How would Willie like to go To the land of Thus-and-so? Everything is proper there; All the children comb their hair, Every face is clean and white As a lily washed in light— As the cherry blossoms blow In the land of Thus-and-so."

"Little children never fall Down the stairs, or cry at all, Doing nothing to repent, Thoughtful and obedient; Never hungry or in haste, Tidy shoestrings always laced Just exactly right, you know— In the land of Thus-and-so."

"And the little babies there Give no one the slightest care; Never litter round the grate, Nor at lunch or tea are late, Never any household din, Peals without or rings within; Just great Hushes to and fro Pace the land of Thus-and-so."

"Oh, this land of Thus-and-so! Isn't it delightful, though?" "Yes," lisped Willie, answering me. "Somewhat slow and doubtful, 'Must be very nice, but I Rather wait till by-and-by: Oh!"—the troubled little face "Closer pressed to my embrace— 'Mumple, don't let's never go To the land of Thus-and-so!"